

INVITATION +
AND KEY EXERCISES +
LIGHTWORKER RESOURCES

THE LIGHT WORK

RECLAIM YOUR FEMININE POWER,
LIVE YOUR COSMIC TRUTH,
AND ILLUMINATE THE WORLD

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Your Self Worth and Net Worth by Simply Being Yourself*

FOREWORD BY MICHAEL BERNARD BECKWITH

PART I

INNER LIGHT

You alone are the architect of your evolution.

—RICHARD RUDD, *THE GENE KEYS*



SOURCE



THE INVITATION

Create a Connection to Source on Your Terms

<p>Taking a look at the Light Work inverted triangle (on the next page), which aspects of <i>Information, Truth, and Love</i> do you feel the most connected to? Why?</p>	
<p>What beliefs, practices, qualities, or aspects of your religious or spiritual upbringing do you align with the most?</p>	
<p>What beliefs, practices, qualities, or aspects of your religious or spiritual upbringing do you align with the least?</p>	
<p>When, where, and with whom do you feel most connected to Source?</p>	
<p>What does it mean to you to be a co-creator of the New Earth?</p>	
<p>What <i>Information</i> do you believe you possess inside your cells that has yet to be expressed?</p>	

SOURCE



THE INVITATION

Create a Connection to Source on Your Terms

LOVE

harmony, abundance,
compassion, 5-D consciousness, peace



INFORMATION

personal power,
connection,
reverence, reciprocity,
and Oneness

TRUTH

authenticity, freedom,
courage,
self-sovereignty

SOURCE



THE KEY

Stargazing Ritual

You are made of stardust. That's not woo, my friend, that's science. Even NASA says so. The next time you catch a clear night's sky where there are stars present, practice this stargazing ritual to help you get in touch with your cosmic nature and your cellular memory. Find a comfortable place to lie down on the earth, and with your eyes open, begin to scan the sky. Perhaps grab a friend or gather your Radiance Realm, and do this exercise together. When you feel called, land your eyes on a single star. Notice how it shifts when you bring it into your awareness. Most of all, notice what comes up inside you. Hold your gaze for up to twenty minutes (and of course blink if you need to!) and witness the sensations you feel in your body, what emotions arise in your heart, and see if you can "hear" any messages. When you are done with the ritual, write down what you experienced in your Light Work journal.

EMOTIONS



THE INVITATION

Unlock Your Full Range of Feelings

<p>What has been your deepest heartbreak, biggest failure, or biggest disappointment? Write that story and let yourself feel it.</p>	
<p>What has been your purest, most unadulterated, over-the-moon joyous experience? Write that story and let yourself feel it.</p>	
<p>Looking at these two circumstances, what were the primary emotions you felt?</p>	
<p>What did feeling these emotions teach you?</p>	
<p>How did they change you?</p>	
<p>What new <i>Information</i> do you now have because of these circumstances, and how can you use it to serve others?</p>	

EMOTIONS



THE KEY

Emotional Alchemy Practices

Now that you have spent some time accessing your darkest and lightest emotions, pick one of the two circumstances you wrote out, and read it out loud to yourself or to your fellow Radiance Realm members reading this book with you. As you do, become conscious of where in your body it lives. Is it in your chest, your stomach, your throat, your back, your hands? Do you feel compelled to cry, scream, laugh, or sing? How does this emotion move through you? Record it. Now it's time to move it, clear it, shake it, and create more space for your cellular memory to open and to awaken. *This is the alchemy.*

Set an intention for where you want that emotion to go and how you want to feel when you're done with the alchemy practice. For example, you might want to clear your anger so you can feel free, or expand your joy so you can feel powerful. Create a sacred time and place to simply be with yourself. Choose one of the following modalities: breathwork, journaling, soaking in nature, screaming, dancing, chanting, or yoga. As you practice it, gently notice what's happening in your body. (You can use "Your Lightworker Resources" in the back of the book to support these practices.) Once complete, journal how you feel. End this practice by writing down in your Light Work journal, or reciting aloud the Pleiadian mantra: "*My emotions are my key to unlocking my multidimensional self.*"

BODY



THE INVITATION

The “Right Relationship” Body Meditation

Find a quiet space and comfortable seated position, close your eyes, and take three slow, cleansing breaths in and out. Scan your body with your mind, simply becoming aware of your entire physical vessel, from the top of your head, to your neck, shoulders, chest, torso, hips, lower spine, thighs, shins, and toes. When you feel this awareness of your whole body, ask your body the following questions. You can speak them out loud or simply say them in your head. Wait for the answers. Don't rush or force this. There is no wrong way to do this. Be patient and allow your body to talk to you. Practice what “listening to your body” feels like to you.

“What do you want me to know?”

“What do you need from me?”

“What would feel good to you?”

“What spell do you want me to release you from?”

“What chakra needs the most attention?”

In your Light Work journal, write down what you heard. As you review the answers, dissolve any judgments toward your body or yourself. Your body might tell you it's hungry or tired. It might tell you it feels anxious or energized. Did it define a “spell” you have not yet named? What new Information did your body share with you? There are no wrong answers here. Just observe and tune in to what it feels like when your body “talks.” Her frequency is alive and real.

BODY



THE KEY

Embodiment Practices and Chakra Clearing

It's time to give back to your body. She's done so much for you, and she is so grateful for your attention, for your love and your tenderness. Choose any of the practices you learned about in this chapter, such as walking in nature, breathwork, ecstatic dancing, primal growling, or yoni steaming. If you feel a particular chakra is needing to be cleared, activated, or tended to, refer to the twelve chakras and call on the tools, such as yoga poses, essential oils, or meditations for each. refer to "the Lightworker's toolkit" in the resource guide toward the end of this book for guidance on specific meditations, music, oils, crystals, as well as my favorite spiritual wellness brands to amplify these practices. remember to follow Isis's instructions: move slowly and be gentle on this journey. Your body is your temple. She is sacred. Honor her as such.

POWER



THE INVITATION

Claiming Radical Responsibility

<p>What outside sources give you a sense of validation? Name as many as you can.</p> <p><small>Examples could be: money, my job, status, my romantic relationship, awards, my social following, my astrologer, my parents, my social circle, my beauty, my body.</small></p>	
<p>How does this outsourcing validate you exactly? Can you explain it?</p>	
<p>Name a situation in your life that you felt happened to you.</p>	
<p>How can you reframe this story as something that happened <i>for</i> you?</p>	
<p>What did it teach you?</p>	
<p>How did it stretch you?</p>	
<p>What new <i>Information</i> do you now possess because of it?</p>	

POWER



THE KEY

Pleiadian Power Affirmations

When you feel a bit of victim mentality creeping in, when you notice yourself outsourcing validation, when you start ignoring the little girl in you who just wants to know she's enough, when you start doubting your abilities, call on the following Pleiadian power affirmations. Say them silently to yourself in your mind, recite them out loud, chant them in meditations, write them down in your journal, set them on your desktop or phone screen, frame one on your desk, put them on sticky notes all throughout your house. There is no wrong or right way here. You are empowered to make them your own.

- *I am the source of my power.*
- *I am the light within the lamp.*
- *I am the spark within the flame.*
- *Thought is. Thought creates.*
- *State of mind is the name of the game.*
- *Joy is my job.*
- *I commit to loving my pleasure more than I love my suffering.*
- *I claim radical responsibility for my one precious life in this human form.*

PART II

OUTER LIGHT

When you step into the thing you are, the world does not burn, but glows more brightly with the light you bring.

—BRIAN ANDREAS



SOUL FAMILY



THE INVITATION

Honoring Your Soul-Family Experience

How can you reframe your most painful childhood memories as your “refinements”? Who did you become <i>because</i> of them, not <i>in spite</i> of them?	
If it’s true that you all “choose” each other, write down why you think you chose your family and why they chose you, too.	
How have they taught you to know yourself, love yourself, and take a stand for yourself?	
What perils, pain, and trauma did your ancestors face?	
What about their past are you circuit-breaking?	
What family traditions, rituals, and aspects of your ancestral lineage are you carrying forward?	
What new <i>Information</i> are you here to offer the New Earth because you chose your soul family and they chose you?	

SOUL FAMILY



THE KEY

The Diamond Visualization + Mantras

Before doing this visualization, I recommend that you be in a state of calm, relaxed presence. Do your best to clear environmental distractions, like phone notifications, background noise, or other people's energy. Also, do your best to clear yourself from emotional or mental distractions. This visualization is best done in a state of neutrality. When you're ready, find yourself in a comfortable seated position, close your eyes, and take three deep, slow cleansing breaths in and out.

Bring to mind a past family hurt, and witness where that feeling sits in the body. As you tune in to this sensation, picture red-hot heat burning into this space; it is the hottest fire you have seen or felt. As you feel the heat rising, imagine a brilliant, sparkling, bright diamond emerging from the flame. Stay focused on this diamond, tuning in to its beauty, its radiance, its perfection. Stay with the diamond as long as possible, until the family memory begins to disintegrate into the fire. The diamond is you. Open your eyes and record in your Light Work journal what you experienced.

You can use the following opening mantras to start to channel key messages that Spirit, your ancestors, or your own soul has for you:

- *I am my father's daughter / I am my mother's daughter / I am my grandmother's granddaughter, here to live . . .*
- *Their blood runs through my veins, pumping with . . .*
- *My DNA is encoded with . . .*
- *I am here to heal, transform, and transmute my lineage by . . .*
- *I am here to live their legacy by . . .*

ROMANTIC RELATIONSHIPS



THE INVITATION

Find Your Wholeness

What is your biggest fantasy about romantic relationships?	
Does any aspect of this fantasy hold you back from loving yourself fully?	
What are your fears about being in a partnership?	
What are your fears about being alone?	
Can you gently acknowledge where in your relationships, or in past relationships, you are codependent?	
If you could give the witch of love a name, what would it be?	
How can she become your best friend?	
How does receiving pleasure make you feel?	
How could you honor your desires more fully?	
What new <i>Information</i> do you possess about the power of true love and orgasmic bliss?	

ROMANTIC RELATIONSHIPS



THE KEY

Take Yourself Out on a Date for One

Regardless if you're single, dating multiple partners, in a committed relationship, divorced, or otherwise, this key applies to *everyone*. Make a reservation for one at a restaurant you have never been to in a new neighborhood. (The aim here is to go somewhere new where you won't know anyone and can't lean on your favorite bartender for conversation.) Before heading out for the night, give yourself enough time to soul-gaze in the mirror. Let your eyes stare at yourself for just long enough that you feel yourself dissolve, creating a deep sense of wholeness within. Once you feel ready (as this experience can bring up a lot of beautiful emotions), put on your favorite music (suggested songs from "The Lightworker's Playlist" can be found in "Your Lightworker Resources" section near the end of the book), as you style yourself to feel the most beautiful, getting yourself into a vibration of joy, beauty, and confidence.

Before you leave for your date, grab a book or your Light Work journal. When you arrive at the restaurant, don't obsessively check your phone. Give yourself the opportunity to truly be in your own company by sitting in the awkwardness. Keep yourself company by reading your book or journaling versus scrolling through Instagram posts and focusing on everyone else's lives. Pay attention to who is entering your awareness and stay open to what conversations may organically begin. If you don't say a single word to anyone but your server tonight, that's perfect, too. To make the night extra exhilarating, take yourself home, put on your sexiest lingerie, and pleasure yourself. Repeat this key as often as you like.

FEMALE FRIENDSHIPS



THE INVITATION

Strengthen Your Sisterhood Tree

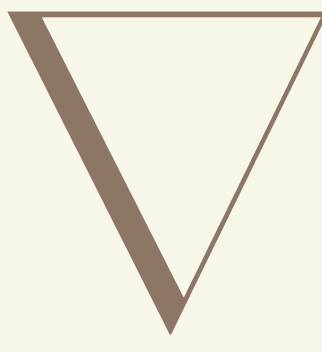
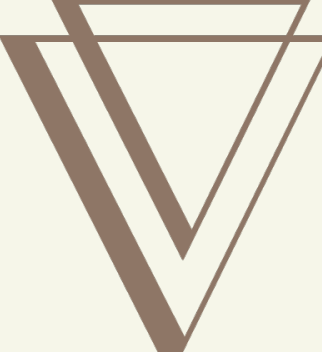


<p>What women in your life do you admire?</p>	
<p>What women do you admire who aren't in your direct social circle?</p>	
<p>What about them inspires you?</p>	
<p>How can you open up your life and find more space for female friendship connections?</p>	
<p>What actions can you take to "walk the walk" of women empowerment at your job, in your community, in your neighborhood, or online?</p>	
<p>What new <i>Information</i> do you possess about the power of sisterhood?</p>	

FEMALE FRIENDSHIPS



THE KEY

*Claim Radical Responsibility for Your Stories, Judgments,
and Projections About Other Women*

 NAME	<p><i>Example: If she succeeds, there's less room for me to succeed, too.</i></p>	<p>Name it:</p>
 CLAIM	<p><i>Example: This is an old-school belief rooted in old societal constructs that women have to compete, and this has unconsciously informed how I show up with other women.</i></p>	<p>Claim it:</p>
 REFRAME	<p><i>Example: There's enough to go around, and in fact, her success creates more space for my success, and all our success. When I support other women, my heart opens, opportunities expand for all, and I am able to receive more of what's coming for me.</i></p>	<p>Reframe it:</p>
 INTEGRATE	<p><i>Example: Take stock of how and where you can truly walk the walk of supporting other women: show up to her event, comment on her latest Instagram post with some love, buy her book, share her event on social media, refer her a client, introduce her to your friend to date. (Watch how not only your heart but your whole life expands).</i></p>	<p>Integrate it:</p>

MONEY



THE INVITATION

Rewire Your Abundance Codes

Where in your life do you feel like you're just trying to survive?	
Where have you felt the most disempowered about money?	
What makes you feel the most empowered about money?	
What does it mean to you to be spiritual hustler?	
What does it mean to you to be a feminine financial leader of a New Earth?	
Which of the eight embodiment principles do you feel the most comfortable with, and why?	
Which of the eight embodiment principles do you feel the least comfortable with, and why?	
What new <i>Information</i> can you teach to your clients, your team, your community, and the world about money?	

MONEY



THE KEY

Effortless Abundance Visualization

When it comes to money, there is no limitation. Our ability to manifest all the wealth and abundance we desire is truly infinite. And to unlock it, we must come to realize that manifesting wealth is actually *intended* to be effortless. It comes down to our state of mind. Change your thoughts about money, and you will change your reality about money. This is what the Pleadians want us to know more than anything. This knowing needs to imprint into our bodies.

When you're ready, find yourself in a comfortable seated position, close your eyes, and take three deep cleansing breaths in and out. Reflect on where your relationship with money, savings, investments, charging what you want, getting paid on time, or asking for a raise feels heavy and difficult. Let yourself feel the contraction in your body, acknowledging this discomfort and not bypassing it. Now begin to rewrite this scenario in your mind's eye, imagining the ideal circumstances falling into place with ease and joy. *Your new client pays you triple your rate with pure gratitude and zero resistance. Your boss delivers you the news you're getting a 25-percent raise. You launch your new program on social media, and the transactions roll in as you watch your bank account rise and rise. Someone pays you a compliment; you say, "Thank you, I receive that," and the next day, you receive the cash you've been waiting for.* See it. Feel it. Allow it to move through your body. Melt into the sensation of *effortlessness*. Open your eyes and record what you experienced in your Light Work journal.

PART III

FUTURE LIGHT

There is a Knower who experiences everything.

There is a Presence dancing everywhere.

There is a Lover who embraces us all.

I am one with that Light.

I am one with that Power.

I am one with that Love.

—THE RADIANCE SUTRAS



MISSION



THE INVITATION

Design Your Mission

YOUR CREATION	YOUR CALLING	YOUR CAUSE
<ul style="list-style-type: none"> • What's your greatest accomplishment, personal, professional or otherwise? • What is your highest hope for this creation? 	<ul style="list-style-type: none"> • If resources or time were not a factor, how would you spend your days? • If you were to give the fiery passion in your soul a voice, what would it say right now? 	<ul style="list-style-type: none"> • What lesson are you here to learn and teach others in this lifetime? • When this life ends, death arrives, and your soul passes on to the next lifetime, what legacy are you leaving behind?

Studying your above answers, what aspect of your creation, calling, or cause lights you up the most?	
Do your creation, calling, and cause intersect? If so, where?	
Can you carve a path toward defining your creation, living your calling, and expressing your cause more clearly?	
How can you start living your mission more boldly into the world?	

MISSION



THE KEY

Your Galactic Renegade Visualization

There are two steps to this visualization exercise. The first step is to give your inner renegade a name. She is the version of you that came here as a member of the Family of Light to rebalance this planet with Information, Truth, and Love. When we “dress up” or play a character, we find a little more courage to fully embody a new but equally legitimate side of ourselves. My renegade’s name is Queen Esther Sheba of the Feathers. (Esther is my Hebrew name, feathers are my spirit totem, and Sheba came to me in this very visualization.) Let’s begin.

When you’re ready, find yourself in a comfortable seated position, close your eyes, and take three deep, cleansing breaths in and out. Begin to picture your galactic self. What is her skin tone, her hair color, her eye color? How tall or short is she? What is she wearing? Is she wearing any kind of crown or headpiece? Is she carrying any tool, sword, or wand? Does she have any kind of spirit animal by her side? Once you have fully tuned in to her physical and energetic appearance, ask either silently or out loud, “What is your name?” Wait for the answer. Once you hear it, you will know it to be true. Open your eyes. Write her name in your Light Work journal.

Now close your eyes again. Envision your renegade living out every aspect of her creation, calling, and cause in her fullest Light and to her fullest capacity. Imagine a world with your mission fulfilled. Envision how people live in that world versus the world today. How does it make you feel? What does it activate inside you? How are you already living this galactic avatar? What impact are you *already* creating with your mission? Open your eyes and record in your Light Work journal what you saw, felt, and experienced.

MENTORSHIP



THE INVITATION

Calling in Your Cosmic Mentors & Sacred Light Mentees

<p>ACTIVATOR MENTOR</p> <p><i>An influential person who “activates” our gifts and sense of self</i></p>	<ul style="list-style-type: none"> • Who in your life lights you up, gives you new inspiration, new ideas, and new fire in your belly to activate your gifts? • Who in your life helps fill in the gaps of your existing network of parents, friends, and coworkers? (Think outside the box on this one—this person may sit on the periphery of your ‘go-to’ people and be someone you least expect.) 	
<p>PROFESSIONAL MENTOR</p> <p><i>An influential person in our career who supports our professional development</i></p>	<ul style="list-style-type: none"> • Who in your professional world— either a peer or a leader —genuinely supports your growth via resources, conversations, personal challenges, introductions, etc.? • Who at work gives you consistent feedback—genuine, painful-at-first-but-you-know-it’s-good-for-you feedback that allows you to grow? 	
<p>VIRTUAL MENTOR</p> <p><i>A person (or people) we don’t personally know but who has impacted our lives with their work from afar (i.e., authors, thought leaders, public figures)</i></p>	<ul style="list-style-type: none"> • What thought leaders do you support and consistently learn from (think: you’re the first one to pre-order their next book when it’s announced)? • What public figures do you follow on social media that consistently light you up and encourage you to put down the phone and take action? 	
<p>COSMIC MENTOR</p> <p><i>An angel, deity, Ascended Master, spirit guide, galactic being or ancestor who comes into our awareness to support us when we don’t even realize we need their unique medicines</i></p>	<ul style="list-style-type: none"> • Is there an angel, deity, spirit guide or otherworldly being or energy you have a strong relationship with? • How did this being come into your life and can you name a specific situation where their wisdom, medicine, or presence helped you get through? How is your life different because they are in it? 	
<p>SACRED LIGHT MENTEES</p> <p><i>The young women we mentor who carry on the Light</i></p>	<ul style="list-style-type: none"> • Who in your life can you impart wisdom upon and share this work? • Who fits the mold of your younger self? How can you give back to that community of future Lightworkers? 	

MENTORSHIP



THE KEY

Keep the Torch of Light Burning Bright—a Written Code

Bring out some of your finest stationery and grab your favorite pen. Send an unprompted thank-you to one of your mentors. Share with her specifically how she touched your life, who you have become because of her influence, and how grateful you are that she empowered, activated, and showed you your Light. then send an unprompted word of praise or encouragement to a Sacred Light mentee. Share with her the vision you see for how she will carry the torch of Light. remind her just how brave, strong, and capable she is, and that she is the future. Pop these two letters in the mail at the same time, and when you do, visualize a bright white fire of Light expanding into the world. Seal this visualization with the mantra “together as one, we co-create the new Earth. together, we rise.”

GAIA



THE INVITATION

A Return to Gaia

What's your preferred method of escape?	
Where do you find yourself rushing the most in your daily, weekly, monthly life?	
How are you, consciously or unconsciously, playing by man-made rules in your life?	
What do you seek to control most in life?	
What would happen if you trusted that Gaia is on your side in this?	
What's your favorite space to be in nature? Go there in your mind's eye. How does it make you feel?	
What do you find the most reverence for?	
Where are you living with reciprocity? Where are you not?	
What new <i>Information</i> do you possess now that you understand the Gaia codes?	

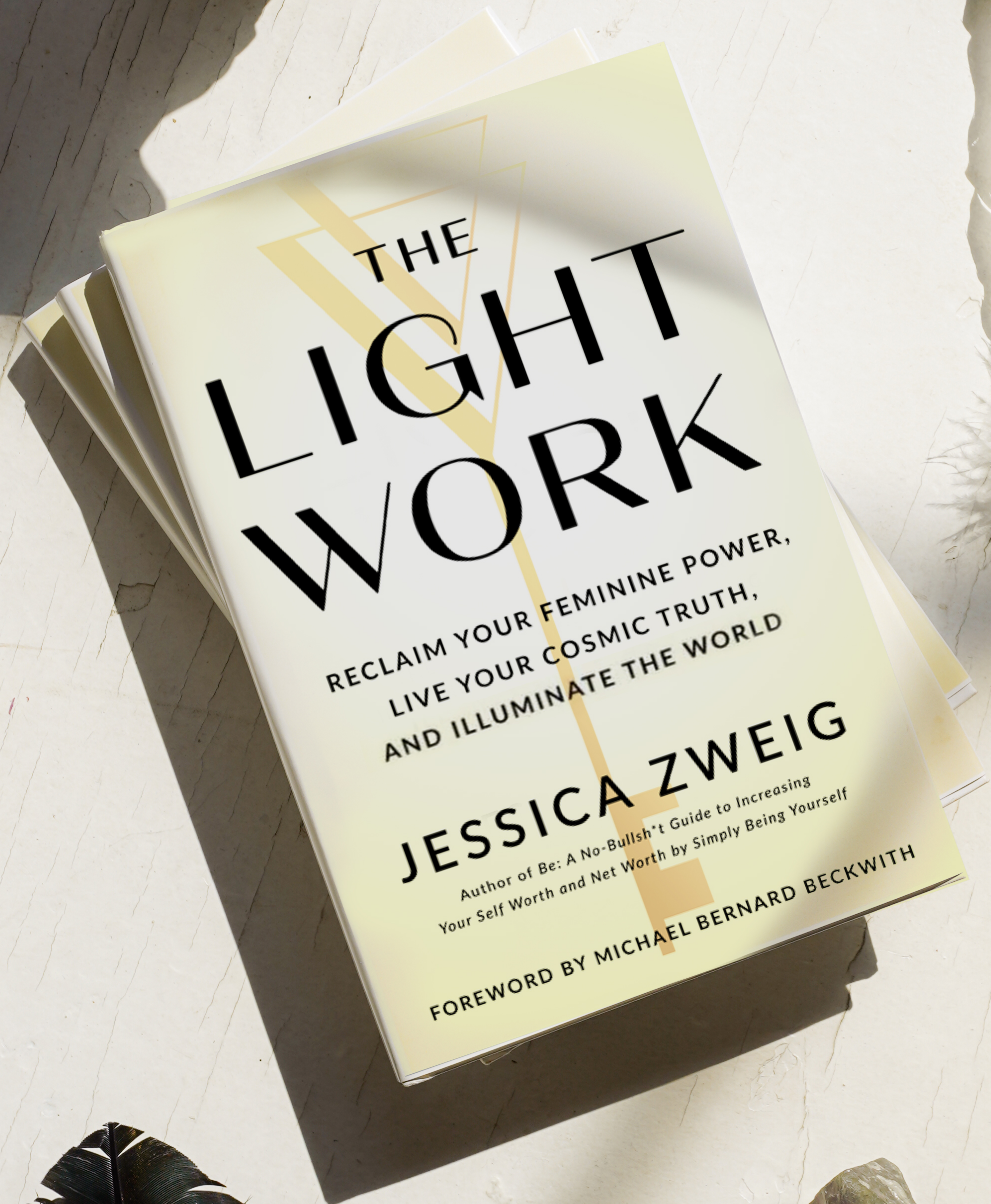
GAIA

**THE KEY***Daily Rooting Crystal Meditation*

If we want to live our Light, rooting to Gaia cannot be an anomaly but our everyday baseline way of being. When we tap into her codes, we recalibrate our nervous systems and well-being into her frequency of harmony. This is why I am going to recommend you do your best to make this rooting meditation a daily practice.

As often as you can, get into nature. Take off your shoes, put away any technology such as your phones, headphones, or smartwatch. Find a stretch of soil, sand, or grass—as unobstructed a piece of Gaia as you can find. Let your bare feet soak in the elements beneath your feet. Breathe in the air, hear the natural sounds of birds chirping, the leaves rustling, the wind blowing, and feel the sun (or rain or humidity or coolness) on your skin. Imagine actual “roots” coming out of the soles of your feet, connecting down into the center of Gaia. When you get to her center, imagine a crystal of your choosing. This can be a clear quartz, ruby, emerald, citrine, amethyst, or any crystal of your choice. Feel the energy of this crystal charging the roots as you draw up that energy through the roots from the center of Gaia back into your feet and into your whole body. Allow yourself to be with this sensation for a few minutes and witness how your energy shifts. Do not be dismayed if you cannot feel a tangible shift. Surrender the control and the rushing. Know that by absorbing the frequencies of Gaia into your physical and energetic bodies on a daily basis, you *are* changing. Doing this daily will create a compound effect in your body, your life, and your spirit.

THE LIGHTWORKER'S TOOLKIT



The Lightworker's Toolkit

LIGHTWORKER ESSENTIAL OILS

Essential oils are made with plants, flowers, and herbs, each holding their own unique vibrational frequency. When we smell or apply these oils to our bodies, our frequency rises to match the frequency of the oil. Additionally, we may feel emotional sensations aligned with the energy of that same plant, flower, or herb. For example, rose possesses one of the highest frequencies, vibrating at 320 MHz (megahertz). When you apply rose oil anywhere on your body (I recommend you place it on your heart), you will experience a palpable feeling of more love. Essential oils are a go-to in any Lightworker's Toolkit, as we know that our bodies are sacred vessels, and our frequencies, along with our emotions, are our most powerful tools to co-create our realities. Here are some of my recommended brands and oils, inspired by the light-code-activation chakra descriptions from chapter 3.

FAVORITE BRANDS AND RECOMMENDED OILS

- **Durga Interiors**, durgainteriors.com: The highest quality essential oils I have ever found, located in Vancouver and directly sourced from India.
 - ◇ Blue lotus (third eye)
 - ◇ Tuberose (sacral)
 - ◇ Imperial blue jasmine (throat)
- **DoTerra**, doterra.com: A widely known, internationally selling brand, with one of the largest collections on the market.
 - ◇ Melissa (crown)
 - ◇ Bergamot (solar plexus)
 - ◇ Geranium (heart)

- **Quantum Stones**, quantumstones.com: This retailer sells Gamal's Sacred Egyptian Essential Oils; Gamal is the healer I worked with directly in Cairo, mentioned in chapter 4.
 - ◇ Rose (heart)
 - ◇ Musk (sacral)
 - ◇ Amber (root)

LIGHTWORKER MUST-READ BOOKS

These books can be some of your greatest teachers in helping you remember who you really are. They certainly have been for me. Activating your DNA, remembering your power, connecting to the spirit realm, embodying your Divine Feminine essence, and understanding your place in the greater picture of the universe are just a few of the lessons you will take away. Every Lightworker needs these on her bookshelf:

- *lifevisioning* by Michael Bernard Beckwith
- *DNA in the Sands of Time* by J. Justice
- *The Ancient Secret of the Flower of Life*, volume 1, by Drunvalo Melchizedek
- *Bringers of the Dawn* by Barbara Marciniak
- *Path of Empowerment* by Barbara Marciniak
- *Earth* by Barbara Marciniak
- *The Great Cosmic Mother* by Monica Sjöö and Barbara Mor
- *The Sophia Code* by Kaia Ra
- *The Gene Keys* by Richard Rudd
- *Guidebook for a Modern Priestess* by Ariel Spilsbury
- *A Return to Love* by Marianne Williamson

LIGHTWORKER MUST-LISTEN PODCASTS

When it comes to finding inspiration, education, and community today, there's no better place to look (and listen) than podcasts. Here are a few of

my favorites, hosted by some of my favorite Lightworkers in the industry. Listen to mine, and the shows here, wherever you get your podcasts:

- ***Take Back Your Mind*** with Michael Beckwith
- ***Ancient Wisdom*** with Shaman Durek
- ***The Spiritually Sassy Show*** with Sah D'Simone
- ***With Love*** with Danielle LaPorte
- ***Gaia Speaks*** with Pepper Lewis
- ***The Spiritual Hustler*** with Jessica Zweig

LIGHTWORKER MUST-OWN ORACLE DECKS

Narrowing down the following oracle cards was tough, as I literally own a stack of fifty decks. I chose the following decks because they encapsulate what will no doubt be new and obscure Divine Feminine archetypes, the wisdom of Gaia, the Priestess (who is called the Keeper of Keys herself), as well as wisdom from higher dimensional and galactic beings. If you're looking to start a collection or add to yours, these decks are Lightworker essentials.

- "The 13 Moon Oracle" by Ariel Spilsbury
- "Divine Nature" by Angi Sullins, illustrated by Greg Spalenka
- "The Priestess of Light" by Sandra Anne Taylor, illustrated by Kimberly Webber
- "Keepers of the Light" by Kyle Gray, illustrated by Lily Moses
- "The Wild Unknown Archetypes" by Kim Krans, illustrated by Kim Krans and Su Barber
- "The Wild Unknown Alchemy" by Kim Krans, illustrated by Kim Krans

LIGHTWORKER MUST-HAVE CRYSTAL SELECTION

There is an endless array of crystals in the world, and the medicine, knowledge, wisdom, and expertise that come from this mineral kingdom is truly

infinite. At this stage in my life, I own too many crystals to count. Here is the short list of my most favorite stones for practicing the Light Work. Place them in your home, carry them in your purse, wear them around your neck, or simply hold them when you meditate. The power is not in the crystal itself as much as the energy and intention you bring when using it.

- Selenite—for space cleansing
- Moonstone—for feminine healing and protection
- Moldavite—for connecting with the higher chakras and accessing galactic frequencies
- Libyan desert glass—for emotional rebirth and reconnecting with interstellar energy
- Pink opal—for compassion, self-love, and gentleness
- Clear quartz—for general energy cleansing and upgrading your field

A FEW FINAL LIGHTWORKER RESOURCES, TOOLS, BRANDS

- LOTUSWEI Flower Essences—Packed with the chi of the flower and with close to one hundred varieties, these elixirs instantly upgrade your state of mind and energy (lotuswei.com).
- Daily breathwork meditation—***Guided Rhythmic Breathwork Meditation*** with SHIVARASA is my favorite, which can be found on YouTube.
- Yoni steam—Kitara Love has everything you need (kitalove.com).
- Salt baths—keep it simple with Rose Petal Epsom Salt from 365 Whole Foods Market (wholefoods.com), or get a little boujie with Agent Nateur Holi (Bath) (agentnatuer.com).
- Gaia TV—my favorite network for conscious video content, and an amazing place to learn more about the Pleiadians. The shows *Open Mind*, *Deep Space*, and *Beyond Beliefs* all have episodes on the topic (gaia.com).

- Sage Smudge Spray—infused with real quartz crystals and charged in the vortexes of Sedona, to clear your energetic aura or physical space (junipermist.com).
- Intention candles—from the Ruby Room (rubyroom.com).
- Nick Onken custom hats—the ultimate Lightworker crown (onkenmade.com).
- Rachel Lynn X Corri Lynn jewelry—beautiful stackable bracelets, necklaces, anklets, and charms made of gemstones and crystals that go with any Lightworker vibe (rlbycl.com).
- Lightworker swag—hoodies, hats, totes, journals, and more (jessiczweig.com).

JESSICA ZWEIG



JESSICA ZWEIG is an entrepreneur and women's empowerer who has been described as one of the "Most Notable Entrepreneurs" by the Crain's Chicago Business, a "Personal Branding Expert" by Forbes and is a winning CEO of one of Inc. 5000's Fastest Growing Companies in America.

Zweig is a serial entrepreneur, having founded three companies, and recently sold her agency, SimplyBe., a premier personal branding company that transforms corporate teams, executives, and entrepreneurs into recognized industry experts and thought leaders.

Zweig is a two-time published author. Her first book was the #1 bestselling book on personal branding, *Be: A No B.S. Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself*. Her second release, *THE LIGHT WORK*, hit shelves in August 2024.

She's also the host of a top-ranked podcast, a dynamic and highly sought-after speaker, teacher, and leader of a global community of women, Zweig hosts sold-out retreats and often speaks on both national and international stages to companies including Google, Microsoft, Discover, Salesforce, BMO and Nike.

